

March Madness Meet
March 23-25 2012
Sponsored by YORK Swim Club
 Sanctioned by USA Swimming Through Potomac Valley Swimming
Sanction # PVI-12-57

invited teams are AAC, ASA, FBST, HACC, MACH, RIPS, SDS, TANK, TIBU, YORK,
OCCS 10 AND UNDER SWIMMERS ONLY

Meet Location:	Oak Marr Recreation Center 3134 Jermantown Road Oakton, VA 22124
Facility:	<p>Oak Marr is a 50-meter pool with 21 short course lanes. 15 lanes will be used for competition. 11 and over preliminaries sessions and the 10 and under sessions will be swum in two courses. Finals sessions will be swum in one course. Course #1 is an 8 lane course with a pool depth ranging from 13'6" in lane 1 to 7'3" in lane 8, and Course #2 with a water depth range of 7'3" in lane 1 to 5' in Lane 7.</p> <p>Continuous warm-up/and warm down lanes will be available throughout the meet.</p> <p>"Special Note: Fairfax County Park Authority limits the number of swimmers and overall number of persons in their aquatic facilities for safety reasons. The Meet Manager reserves the right to limit entries to enforce this policy. Spectators are not allowed on the pool deck and seating is limited." <u>NO SNACK BAR WILL BE AVAILABLE AT THIS MEET.</u></p> <p>The competition course has not been certified in accordance with USA Swimming Rules and Regulations Article 104.2.2(C).</p>
Meet Manager:	Nancy Monaghan monaghans@gmail.com 14904 Kamputa Drive Centreville, VA 20120
Club Officials Chairman:	Ben Holly benjaminholly@verizon.net .
Meet Referee:	Ben Holly benjaminholly@verizon.net .
Schedule:	<p>Friday Distance Events Warm Up 4:30-5:30 Meet Starts 5:45 Saturday and Sunday 11 & Older - Prelims Warm-up: 7:00-7:50 AM Events: 8:00 AM 8 & U & 9-10 Timed Finals Warm-up: 12:30-1:30 PM Events: 1:40 PM 11 & Older Finals (Saturday and Sunday) Warm-up: 5:00-5:50 PM Events: 6:00 PM</p>
Warm-Ups:	The prescribed Potomac Valley Swimming warm-up procedures and safety policies will be followed. Teams will be assigned lanes for warm-ups. Coaches are responsible for monitoring their swimmers during warm-ups and the meet. Note: The Meet Manager reserves the right to modify the warm-ups based on the number of entries. Coaches will be notified by email in such an occurrence.
Eligibility:	<p><u>Open to all USA Swimming registered swimmers from the invited teams WITH A TIME NOT FASTER THEN THE NFT for any of the events with a NFT TIME.</u></p>

	<p><u>INDIVIDUAL AND RELAY EVENTS</u> Swimmers can swim up to 7 events for the entire meet no more than 2 events on Friday or 3 events on Saturday or Sunday. <u>EACH TEAM MAY ENTER UP TO TWO RELAYS PER RELAY EVENT</u></p> <p><u>INVITED PVS Teams</u> – AAC, ASA, FBST, HACC, MACH, PM, RIPS, SDS, TANK, TIBU, YORK <u>OCCS 10 AND UNDER SWIMMERS ONLY</u></p> <p>Most individual events will be governed by "NO FASTER THAN" (NFT) time. These NFT times are based on top 16 results from the 2011 Spring Short Course Championship season. A swimmer can only enter an event in which his/her official USA Swimming time is not faster than the posted NFT time standard. No time standards apply to 8 and under events and the 12 and under 500 free or the 12 and under 400 IM on Friday, and sprint events for the 13 and over that are not events held in the Championship Meets.</p>
<p>Competition Rules:</p>	<p>Current USA Swimming rules shall govern the meet. Friday's session will be time finals. All 10 and under Sessions will be Time Finals. Saturday and Sunday 11 and over Sessions will be Prelims in the morning and Finals in the evening. Dive-over starts may be used at this meet at the discretion of the Meet Manager and/or Meet Referee. Coaches are requested to review Guidance for Dive-Over Starts for Coaches. Officials are requested to review Protocol for Dive-Over Starts. A determination whether to do so will be made shortly after entries for this meet have been processed. No on-deck USA-S registration will be permitted. Top sixteen (16) 11-12's, 13-14's & Senior qualifiers from prelims on Saturday AND Sunday will swim in finals. We will have an "A" final and "B" final and "A" finals will swim first. <u>All Friday Events, Relays, and 10 and under events are timed final.</u></p> <p>11 & Older Boys and all 8 & U's will swim in the seven (7) lane pool. 11 & Older girls and all 9-10's will swim in the eight (8) lane pool. Everyone will swim in the eight-lane pool closest to the diving boards for finals.</p>
<p>Meet Scratch Policy</p>	<p>If you do not wish to swim in the Finals, you may "Scratch" from the event by following the proper procedure: You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers for "A" finals or "B" finals, if scheduled. You may declare intent to "scratch." You must fill out and sign a PVS Finals Scratch Slip within 30 minutes of the announcement of qualifiers, marking the appropriate space for "intent." You must rescind or "pull" this intent on the PVS Finals Scratch Slip within 30 minutes after the conclusion of your last preliminary event of the day or you will be automatically scratched. If an athlete fails to properly scratch from an event and does not appear for the Final event, they shall be barred from their next event in the meet, unless the meet manager and meet referee agree to make an exception.</p>
<p>Rules</p>	<p>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p>

	<p>In compliance with USA Swimming Rules and Regulations; the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms or locker rooms. As per PVS policy; the use of equipment capable of taking pictures (i.e. cell phones, cameras, PDS's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. The practice of deck changing is prohibited at all PVS Sanctioned events.</p> <p>Swimmers participating in deck changing would be violating the USA Swimming Code of Conduct/Sportsmanship policy and could be subject to removal from further competition in the meet.</p> <p>The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for the 12 &U sessions in Rule 205.3.1F.</p> <p>No on-deck USA-S registration will be permitted.</p>
Swimmers with a Disability:	PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the BOD . Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
Relays:	Teams may enter ONLY two (2) relays per event.
Scoring:	Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 16, 14, 12, 10, 8, 6, 4, 2
Awards:	Medals 1st through 8th place Ribbons for 9 th through 16th for individual events and 1st through 3rd place for relays.
Officials:	Officials assigned to this meet should sign in at the recording table 10 minutes before the start of the warm-ups. Certified officials who have not been contacted and would like to volunteer should contact or speak with the deck referee at the meet.
Entries:	<ul style="list-style-type: none"> <input type="checkbox"/> Teams must enter on computer disk (Hy-Tek). Please send two disks. Include one meet entry report by swimmer and one report by event. <input type="checkbox"/> Submit the Hy-Tek commlink II file with an "entry cover sheet". Attach the team manager meet entry report files, one by swimmer and one by event. Include the name, phone number, and email address of club representative submitting the disk. <input type="checkbox"/> Attach the "meet entries" export file from Hy-Tek Meet Manager. Also attach a meet entry report by swimmer and a meet entry report by event. Create these reports in Team Manager and save as Word for Windows files. <input type="checkbox"/> In body of e-mail, give entry numbers (girls, boys, relays, total) and contact information (e-mail, phone, officials contact). <input type="checkbox"/> Submit entries to the Meet Manager, Nancy Monaghan at monaghans@gmail.com. In the subject heading please indicate "2012 March Madness Meet - #####" with the club's initials substituted in place of the number symbols. If the club is submitting entries from more than one location, please add the location to the heading with the club initials. <u>Check payments must be received at the address listed prior to the start of the meet.</u> <input type="checkbox"/> Meet Directors are requested to acknowledge receipt by return e-mail within 24 hours. Clubs submitting entries that do NOT receive an acknowledgment should contact the Meet Director by other than e-mail to confirm receipt. <p>Before preparing your entries, events for this meet can be downloaded and then imported into team manager (go to team manager/file/import/meet events).</p>
Fees:	Fees for individual events are \$6.00; relay events are \$10.00 and a \$2.00 surcharge

	for each athlete. Each club is requested to remit one check to cover the entry fees for the entire team. Late (deck) entries are \$10.00 per individual event and must be submitted no later than 30 minutes prior to the first event of each session if permitted. Evidence of current USA-S registration will be required for deck entries. This can be done by presenting a copy of the athlete's USA-S athlete registration card.
Checks:	MAKE CHECKS PAYABLE TO: "YORK SWIM CLUB".
Entry Deadline:	All entries must be received no later than 5:00 PM, Tuesday March 13, 2012 Important: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.
Mail Entries to:	Nancy Monaghan 14904 Kamputa Drive Centreville, VA 20120 Email: monaghans@gmail.com
Note	In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, Oak Marr Recreation Center, and York Swim Club shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

March Madness Meet

Friday March 23, 2012

Distance Events Sessions Time Final

Warm-up: 4:30-5:30 PM Events: 5:45 PM

Girls Event #	NFT	Event	NFT	Boys Event #
1	2:43.00	10 and under 200 IM	2:44.00	2
3	2:07.00	11-12 200 Free	2:09.00	4
5	2:01.00	13-14 200 Free	1:56.00	6
7	2:03.00	Senior 200 Free	1:48.00	8
9		12 and under 500 Free		10
11	4:55.00	13-14 400 IM	4:35.00	12
13	4:50.00	Senior 400 IM	4:25.00	14
15		11-12 400 IM		16
17	2:26.00	10 and Under 200 Free	2:19.00	18
19	5:23.00	13-14 500 Free	5:23.00	20
21	5:19.00	Senior 500 Free	4:55.00	22
Positive Check-in Required for all events.				

POSITIVE CHECK IN CLOSSES

**EVENTS 1-8 5:15PM
EVENTS 9-18 5:45PM**

Saturday, March 24, 2012

11 and Older Prelim Session

Warm-up: 7:00 AM Events: 8:00 AM

Girls Event #	NFT	Event	NFT	Boys Event #
23		11-12 200 Medley Relay		24
25		13-14 200 Medley Relay		26
27		15-18 200 Medley Relay		28
29	1:06.00	11-12 100 Back	1:01.00	30
31	1:02.00	13-14 100 Back	59.00	32
33	1:01.00	Senior 100 Back	56.00	34
35	30.00	11-12 50 Fly	30.00	36
37		13-14 50 Fly		38
39		Senior 50 Fly		40
41	1:09.00	11-12 100 IM	1:09.00	42
43		13-14 100 IM		44
45		Senior 100 IM		46
47	1:17.00	11-12 100 Breast	1:16.00	48
49	1:12.00	13-14 100 Breast	1:08.00	50
51	1:10.00	Senior 100 Breast	1:02.00	52
53	27.00	11-12 50 Free	26.00	54
55	26.00	13-14 50 Free	24.00	56
57	25.00	Senior 50 Free	23.00	58
All Relays will swim in the prelims session.				

Saturday, March 24, 2012

9-10 AND 8 & Under Timed Final Session

Warm-up: 12:30 PM Events 1:40 PM

Girls Event #	NFT	Event	NFT	Boys Event #
----------------------	------------	--------------	------------	---------------------

59		8 & U 100 Medley Relay		60
61		9-10 200 Medley Relay		62
63		8 & Under 100 Free		64
65		8 & Under 50 Breast		66
67	1:26.00	9-10 100 Breast	1:26.00	68
69		8 Year Old 25 Back		70
71	34.00	9-10 50 Back	35.00	72
73		8 & Under 50 Fly		74
75	1:25.00	9-10 100 Fly	1:16.00	76
77		8 Year Old 25 Free		78
79	1:15.00	9-10 100 IM	1:16.00	80
81	30.00	9-10 50 Free	30.00	82

Sunday, March 25, 2012

11 and Older Prelim Session

**Warm-up: 7:00 AM Events: 8:00 AM
POSITIVE CHECK IN TIME 7:40AM FOR EVENTS 89-94**

Girls Event #	NFT	Events	NFT	Boys Event #
83		11-12 200 Free Relay		84
85		13-14 200 Free Relay		86
87		15-18 200 Free Relay		88
89	2:26.00	11-12 200 IM @	2:26.00	90
91	2:20.00	13-14 200 IM @	2:08.00	92
93	2:14.00	Senior 200 IM@	2:04.00	94
95	36.00	11-12 50 Breast	36.00	96
97		13-14 50 Breast		98
99		Senior 50 Breast		100

101	31.00	11-12 50 Back	32.00	102
103		13-14 50 Back		104
105		Senior 50 Back		106
107	1:07.00	11-12 100 Fly	1:08.00	108
109		13-14 100 Fly		110
111		Senior 100 Fly		112
113	59.00	11-12 100 Free	59.00	114
115	55.00	13-14 100 Free	52.00	116
117	55.00	Senior 100 Free	49.00	118
All Relays will swim in the prelims session.				

Sunday, March 25, 2012
9-10 AND 8 & Under Timed Final Session
Warm-up: 12:30 PM Events: 1:40 PM

Girls Event #	NFT	Event	NFT	Boys Event #
119		8 & U 100 Free Relay		120
121		9-10 200 Free Relay		122
123		8 & Under 100 IM		124
125		7 & Under 25 Fly		126
127		8 Year Old 25 Fly		128
129	33.00	9-10 50 Fly	33.00	130
131		7 & Under 25 Breast		132
133		8 Year Old 25 Breast		134
135	39.00	9-10 50 Breast	40.00	136
137		7 & Under 25 Back		138
139		8 & Under 50 Back		140
141	1:13.00	9-10 100 Back	1:14.00	142
143		7 & Under 25 Free		144
145		8 & Under 50 Free		146
147	1:05.00	9-10 100 Free	1:04.00	148

|

|

|

|

|

|